




# OCTOBER 2018

# Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Hot Ham & Cheese On a Bun Potato Wedges Broccoli Florets Fruit Cocktail Fresh Kiwi (9-12) Milk	2 Taco Burger on a Bun Tortilla Chips (6-12) Tomato Salsa Dark Green Leaf Lettuce Tomato Slice Refried Beans Fresh Banana Canned Peaches (9-12) Milk	3 Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Chocolate Chip Cookie Canned Peaches Milk	4 Lasagna Garlic Bread Stick w/Marinara Sauce Garden Salad Applesauce Canned Oranges (9-12) Milk	5 Chicken Patty Whole Wheat Roll & Honey Mashed Potatoes & Gravy Steamed Asparagus Sliced Pears Fresh Mango (9-12) Milk	6 	7
8 <b>NO School</b>	9 Super Nachos Refried Beans Mixed Fruit Cup Cucumbers Canned Applesauce (9-12) Milk	10 Sweet & Sour Chicken Nuggets Seasoned Brown Rice Cherry Tomatoes Celery Sticks/Carrots Tropical Fruit Fresh Apples (9-12) Milk	11 Cheese Pizza Cheese Breadsticks w/Marinara Sauce Seasoned Corn Tossed Salad Fresh Kiwi Canned Pineapple (9-12) Milk	12 Rock & Roll Beef Wrap Steamed Carrots Cherry Crisp Strawberries Canned Peaches (9-12) Milk	13 	
15 Chicken Tetrazzini Garlic Bread Tossed Salad Seasoned Peas Apricot Halves Fresh Strawberries (9-12) Milk	16 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fresh Clementine Canned Peaches (9-12) Milk	17 Beef & Noodles Mashed Potatoes Green Beans Fresh Grapes Blueberry Oat Muffin Canned Pineapple (9-12) Milk	18 Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Fresh Mango Mandarin Oranges (9-12) Milk	19 Sloppy Joe on a Bun Roasted Red Potatoes Baked Beans Fresh Apple Slices Canned Peaches (9-12) Milk	20	21
22 Beef & Bean Burrito Tortilla Chips (9-12) Tomato Salsa Romaine & Tomato Mexican Corn Canned Peaches Sliced Apples (9-12) Milk	23 Stromboli Squares Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Banana Fresh Peaches (9-12) Milk	24 BBQ Beef on a Bun Fresh Snow Peas Baked Beans Summer Fruit Salad Royal Brownie Canned Pineapple (9-12) Milk	25 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Tropical Fruit (9-12) Milk	26 Country Style Beef Pattie Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Fresh Pineapple(9-12) Cherry Applesauce Milk	27	28
29 Cavatini Whole Wheat Roll & Jelly Seasoned Corn Garden Salad Fresh Orange Fresh Pears (9-12) Milk	30 Hot Dog on a Bun Green Beans Tater Tots Fruit Cocktail Snickerdoodle Fresh Pineapple (9-12) Milk	31 Chili Red Bell Pepper Strips Carrots & Celery Canned Peaches Whole Grain Crackers Fresh Strawberries Milk	Witches Brew Broom Sticks Hay Stacks Ghosts Cat Eyes			
USDA is an equal opportunity provider and employer.		<p>NOTES: CONVERSATIONS ABOUT SCHOOL</p> <p>"Let's see what you brought home." Look at completed work to find out what your youngster is learning and how well they are doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.</p>				